

# Procedures for PHA (Periodic Health Assessment)

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## Overview

The annual Periodic Health Assessment (PHA) was implemented Army-wide 1 Nov 06. The PHA replaces the routine physical exams Soldiers received every 5 years as well as the Annual Medical Certificate (AMC) for all Reserve Components between the ages 30 to 60, and annually after age 60. The PHA will not replace accession, aviation, GO, special duty or school physicals. The PHA is a Commander's Program. Commanders are responsible through the Unit Status Reporting process for ensuring Soldiers complete the PHA each year. The PHA is an integral part of the Individual Medical Readiness System and will result in an electronically recorded annual assessment of every Soldier's ability to deploy anywhere in the world.

## The PHA consists of two parts:

- I. A self-reported health status that is the member's portion of the PHA filled out by the Soldier via AKO.
- II. A credentialed provider will review the Soldier's statement of health and perform a symptom-focused exam, and make referrals as indicated. Support staff will update all IMR, the PULHES, profile codes, and date of PHA electronically. The credentialed provider will also assess and document the Soldier's ability to deploy to an austere environment within the next 6 months.

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## Part I:

1. Log on to [www.us.army.mil](http://www.us.army.mil) > My Medical Readiness > Periodic Health Assessment
2. Completing the forms by answering all required questions takes approximately 15 minutes. Partially completed forms cannot be saved and finished later.

## Part II:

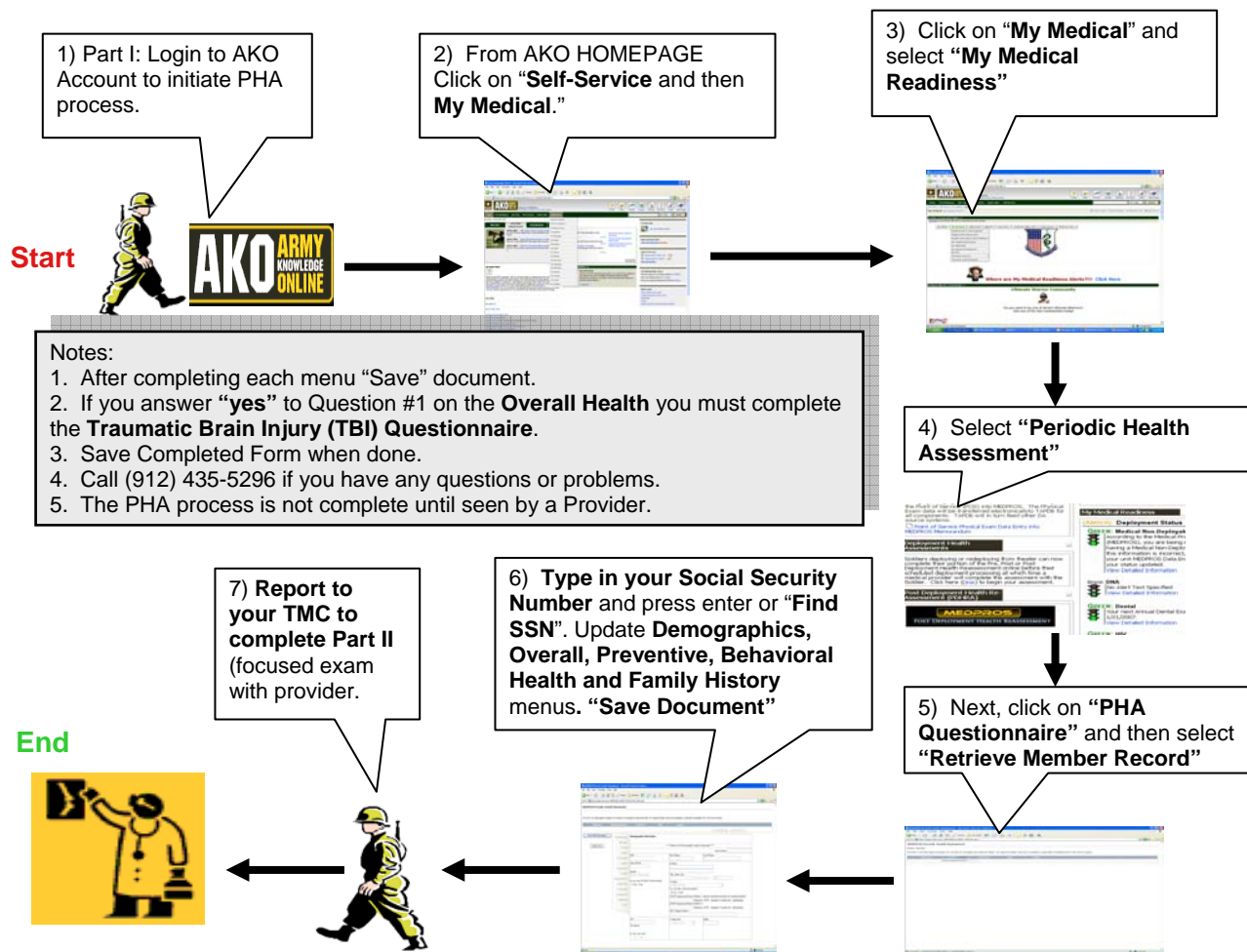
### **Fort Stewart Soldiers – Hawks Troop Medical Clinic, 192 Lindquist Rd, Bldg 412:**

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### **Hunter Army Airfield Soldiers –Tuttle Army Health Clinic, 230 Duncan Dr, Bldg. 1440:**

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## Completing the Periodic Health Assessment (PHA)



## Healthcare Provider Actions:

1. Log on to: [https://apps.mods.army.mil/PHA/Secured/WF\\_Welcome.aspx](https://apps.mods.army.mil/PHA/Secured/WF_Welcome.aspx)
2. Complete the form and make comments in any required provider fields. Only credentialed providers can sign and complete a form.
  - a. The only sections that do not require a comment to complete are Preventive Health and Family History, and Framingham for Soldiers under 40.
  - b. AHLTA Providers are required to complete the Framingham (for Soldiers over 40) and Additional Data, all other sections are optional for AHLTA Providers only.